



## During Substance Dependence

Not being truthful is part of substance dependence. It is hard to meet the demands of daily living (relationships, families, jobs) and use substances regularly. As you become more dependent on the substance, the activities that are necessary to obtain, use, and recover from the substance take up more of your life. It becomes more and more difficult to keep your life on track. People who are substance dependent often find themselves doing and saying whatever is necessary to avoid problems. Telling the truth is not important to them.

**In what ways were you less than truthful when you were using substances?**

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## During Recovery

Being honest with yourself and with others during the recovery process is critically important. Sometimes being truthful is very difficult for the following reasons:

- You may not seem to be a nice person.
- Your counselor or group members may be unhappy with your behavior.
- You may be embarrassed.
- Other people's feelings may be hurt.

Being in treatment without being truthful may make everything you are doing a waste of time.

How has truthfulness been difficult for you in recovery?

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Being partly honest is not being truthful. **Do you ever**

**Decide to let someone believe a partial truth?** Yes \_\_\_\_ No \_\_\_\_

**Tell people what they want to hear?** Yes \_\_\_\_ No \_\_\_\_

**Tell people what you wish were true?** Yes \_\_\_\_ No \_\_\_\_

**Tell less than the whole truth?** Yes \_\_\_\_ No \_\_\_\_

